

# PVD - Peripheral Vascular Disease

## **PVD-C      COMPLICATIONS**

**OUTCOME:** The patient/family will understand how to prevent the complications of PVD.

### **STANDARDS:**

1. Discuss common and important complications of PVD, e.g., injury, infection, amputation.
2. Emphasize early medical intervention for any injury, increased pain, decreased sensation, or signs/symptoms of infection (pain, redness, warmth).

## **PVD-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

## **PVD-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the pathophysiology of PVD.

### **STANDARDS:**

1. Explain that PVD is the result of the buildup of plaque in the interior walls of the vessels supplying the extremities.
2. Explain that PVD is a chronic, progressive, and treatable disease.
3. Review the factors related to the development and progression of PVD (tobacco use, HTN, DM, obesity, and hyperlipidemia). Emphasize that patients with PVD are at greatly increased risk for other vascular diseases (CAD, CVA).
4. Review the symptoms of PVD (pain in extremities during exercise, coolness of hands and/or feet, ulcers of the extremities, skin pallor).

## **PVD-FU      FOLLOW-UP**

**OUTCOME:** The patient will understand the importance of adhering to a treatment regimen, will be able to identify appropriate actions to take for symptoms indicating life- or limb-threatening ischemia, and will make a plan to obtain and keep appropriate follow-up appointments.

### **STANDARDS:**

1. Discuss the individual's responsibility in the management of peripheral vascular disease.
2. Review treatment plan with the patient, emphasizing the need for keeping appointments, fully participating with medication therapy, adhering to dietary modifications, and maintaining an appropriate activity/rest balance.
3. Review the symptoms which should be reported and evaluated, e.g., symptoms more frequent or occurring during rest, symptoms lasting longer.

## **PVD-HM      HOME MANAGEMENT**

**OUTCOME:** The patient/family will understand the lifestyle adaptations necessary to maintain optimal health.

### **STANDARDS:**

1. Emphasize that the most important component of home management in the prevention and treatment of peripheral vascular disease is the patient's adaptation to a healthier, lower risk lifestyle.
2. Discuss lifestyle adaptations that may reduce further risk of peripheral vascular disease and improve the quality of life (cease use of tobacco products, control hypertension and elevated cholesterol through medications, diet and exercise, lose weight as indicated, control diabetes, and increase activity as prescribed by the physician).

## **PVD-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about peripheral vascular disease.

### **STANDARDS:**

1. Provide the patient/family with literature on peripheral vascular disease.
2. Discuss the content of the literature.

## **PVD-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand the lifestyle adaptations necessary to maintain optimal health.

**STANDARDS:**

1. Emphasize that the most important component in the prevention and treatment of peripheral vascular disease is the patient's adaptation to a healthier, lower risk lifestyle.
2. Discuss lifestyle adaptations that may reduce further risk of peripheral vascular disease and improve the quality of life (cease use of tobacco products, control hypertension and elevated cholesterol through medications, diet and exercise, lose weight as indicated, control diabetes, and increase activity as prescribed by the physician).

**PVD-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**PVD-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.

3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

#### **PVD-N      NUTRITION**

**OUTCOME:** The patient/family will understand how to control peripheral vascular disease through weight control and diet modification and will develop on appropriate plan for dietary modification.

##### **STANDARDS:**

1. Assess the current nutritional habits.
2. Review the relationship between diet and peripheral vascular disease, hypertension, elevated cholesterol, and obesity.
3. Provide lists of foods that are to be encouraged and avoided. Refer to registered dietitian or other local resource as available.
4. Assist in developing an appropriate diet plan to achieve optimal weight and control cholesterol.
5. **Refer to LIP.**

#### **PVD-P      PREVENTION**

**OUTCOME:** The patient/family will understand ways to prevent PVD.

##### **STANDARDS:**

1. Discuss that prevention of peripheral vascular disease is far better than controlling the disease after it has developed.
2. Explain that consuming a diet low in fat and controlling weight and blood pressure will help to prevent PVD.
3. Discuss that persons with uncontrolled diabetes and uncontrolled hypertension are more likely to develop PVD. Stress the importance of controlling these disease processes. **Refer to DM and HTN.**

#### **PVD-PM      PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the plan for pain management.

##### **STANDARDS:**

1. Explain that pain management is specific to the disease process of this particular diagnosis and patient and may be multifaceted. **Refer to PM.**
2. Explain that short term use of narcotics may be helpful in pain management as appropriate.

3. Explain that other medications may be helpful to control the symptoms of pain.
4. Explain that administration of fluids may be helpful with pain relief and resolution of symptoms.
5. Discuss non-pharmacologic measures that may be helpful with pain control.

## **PVD-TE      TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered, such as Doppler ultrasound, angiography. Explain as appropriate:
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **PVD-TX      TREATMENT**

**OUTCOME:** The patient/family will understand the possible treatments that may be performed based on the test results.

### **STANDARDS:**

1. List the possible procedures that might be utilized to treat the peripheral artery blockage, e.g., angioplasty, arterial bypass.
2. Briefly explain each of the possible treatments.
3. Explain that the treatment decision will be made by the patient and medical team after reviewing the results of the diagnostic tests.